



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
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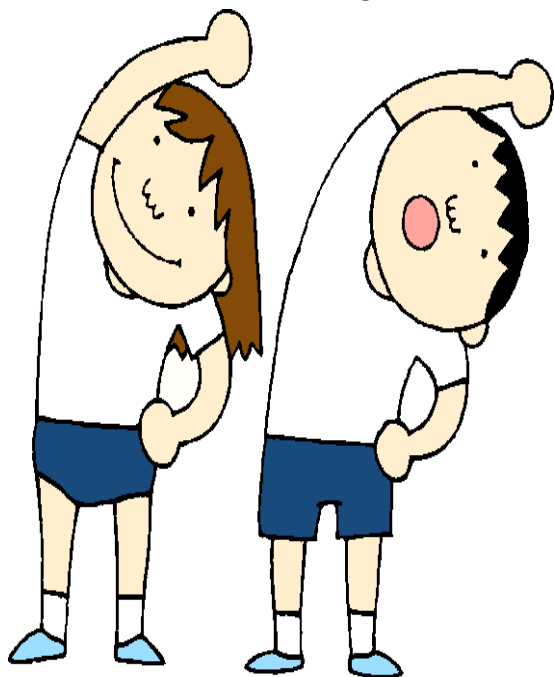


Get active

Physical activity provides long-term health benefits for everyone! It's never too late to get active. It's recommended that adults be active for 30 minutes a day and 60 minutes for children. Find ways to add in or mix up daily activity and discover a healthier you.

Choose the stairs instead of the elevator or escalator.

- Replace a coffee break with an outdoor walk—or take the coffee with you
- Walk up and down the field while watching your child(ren) play sports
- Park your car as far away as possible so you have to walk a longer distance from your destination
- Walk the dog with the whole family
- Wash the car
- Start your day with a morning stretch or end your day with yoga
- Plant and care for a garden



Regular physical activity can produce long-term health benefits. It can help:

- ☺ Prevent chronic diseases such as heart disease, cancer, and stroke (the three leading health-related causes of death)
- ☺ Control weight
- ☺ Make your muscles stronger
- ☺ Keep your bones healthy
- ☺ Improve sleep
- ☺ Increase your energy
- ☺ Relieve stress
- ☺ Increase your chances of living longer



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Save Time in the Kitchen Plan Ahead

Look for recipes with few steps and ingredients, that don't take long to fix. Foods that cook on top of the stove are usually quicker.

Do some preparation steps ahead, if you can. Thaw frozen meat by putting in refrigerator the day before or brown and drain ground meat for your recipe ahead of time.

On a day when you do have time to cook, fix enough chili, casserole or soup for two meals. Put half in your refrigerator to eat in a day or two. Put the other half clearly labeled with date and what it is, in the freezer to eat later in the month.

Get help from other family members. Even young children can help by washing fresh fruits or vegetables, tearing up lettuce, and setting the table.

Source: *Wisconsin Nutrition Education Program booklet Stretching Your Food Dollars*

For more information on eating healthy at home, visit www.choosemyplate.gov or <http://fyi.uwex.edu/foodsense/> or contact the Grant County UW-Extension Office, 723-2125.

**UW
Extension**

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Jun 4th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jun 9th—Boscobel United Methodist Church from 9:30am to 3:30pm

Jun 10th—Fennimore United Methodist Church from 9:00am to 3:30pm

Jun 16th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Jun 18th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jun 23rd—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

Jun 24th—Late Lancaster Youth & Ag Bldg from 3:00pm to 6:30pm

Jun 25th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following day:

May 25, 2015

Teen use of e-cigarettes soars!

According to the latest report by the Centers for Disease Control and Prevention (CDC), teen smoking of traditional cigarettes hit a new low last year, but the use of e-cigarettes and water pipes tripled between 2013 and 2014! This new trend means that smoking in high school is now less common than e-cigarettes or hookah use.

This is a huge concern as e-cigarettes primarily contain nicotine and thus, increase the risk for nicotine addiction. The C.E. Mendez Foundation (email communication, April 23, 2015) reports that, as with alcohol, marijuana, and other substances, nicotine has a particularly harmful effect on the developing teenage brain. (The brain is still developing into the mid-twenties.)

The foundation further points out that "research has shown that nicotine directly impacts parts of the brain necessary for emotion regulation, behavior, and memory". This, in turn, may lead to life-long mood disorders, such as depression or bipolar disorder, and even schizophrenia. Barring all of these factors, e-cigarettes may also increase the risk of using traditional cigarettes or other tobacco products.

(Hatsukami, Dorothy, "Science-Based Regulation of ENDS", August 2015, PowerPoint Presentation)

Sun Safety

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Below are some suggestions to help protect yourself and your family from the sun.



Use the Shade

Seek shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Wear a Hat

The best protection is to wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. If you or your child chooses a baseball cap, be sure to protect exposed areas with sunscreen.

Wear Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. Choose sunglasses that block both UVA and UVB rays. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Use Sunscreen

- Use a broad spectrum sunscreen with at least SPF 30

- Put sunscreen on 30 minutes before going out in the sun.

- Use one ounce, about the amount of sunscreen that fits into your palm, to cover your entire body

- Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

- Check the sunscreen's expiration date. If no expiration date is listed, sunscreen is good for 3 years, although exposure to heat may reduce the time sunscreen is effective.



Coming Soon: Wisconsin eWIC

WIC provides nutrition education, breastfeeding education and support, nutritious foods, and referrals to other health and nutrition services. In the past, food benefits have been printed on paper checks. Starting in June, each family will be given an eWIC card. The card looks and is used like a credit or debit card at the check out.

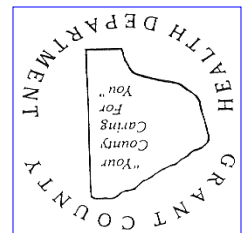
The new eWIC card is:

- ~Safe
- ~Simple
- ~Private
- ~Convenient- Only buy the food you need each time

To be eligible for WIC benefits in Wisconsin, a person must meet the following requirements:

- ✕ be a pregnant, breastfeeding or new mother; be an infant up to age one; or be a child up to age 5
- ✕ be a resident of Wisconsin
- ✕ be income eligible
- ✕ have a health or nutrition need.

For more information, call the Grant County WIC office at 608-723-6416.



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